



## Summary

Motivated and diligent fresher seeking an internship opportunity focused on honing skills and improving employability. Committed to enhancing communication, problem-solving, and teamwork abilities while gaining insights into effective skill acquisition. With a strong academic foundation and a proactive approach, I aim to engage in immersive experiences that foster growth in both personal capabilities and professional competencies.

### Education

UNITED INDIAN SCHOOL, CBSE

XII  
2020

KRISTU JYOTI COLLEGE OF  
MANAGEMENT AND TECHNOLOGY,  
MG UNIVERSITY  
BSc. PSYCHOLOGY  
2020- 2023

### Skills

- Strong organizational and time-management skills
- Exceptional communication and interpersonal skills
- Ability to work independently and as part of a team
- Detail-oriented and able to handle multiple tasks simultaneously
- Proficient in conducting research to gather information, identify trends, enabling informed decision making.

### Certifications

- Certification of Appreciation, RSP ResearchHub
- TedxKCMT Workshop

### Professional Experience

#### Service learning Volunteer

Little Flower Mercy Home, Sengulam

- Cultivated and maintained relationships in culturally-diverse communities.
- Demonstrated respect, friendliness and willingness to help wherever needed.

#### Organization Intern

Srishti Trust, Munnar

- Met with other volunteers and program leaders to discuss new services.
- Completed interviews with potential employees and HR Manager to identify strengths, weakness and potential problems.

#### Psychology Intern

Leela Hospital, Kottayam

- Remained energetic and demonstrated passion for helping clients by applying active listening.
- Interacted with clients to assist in gaining insight, defining goals and planning action to achieve effective personal development and adjustment.

#### Psychology Intern

Thiruvalla Medical Mission Hospital, Thiruvalla

- Completed range of simultaneous job tasks to assist instructor's operational needs.
- Developed observational, listening and analytical skills in fast-paced work environment.
- Researched and reviewed information in support of daily objectives.
- Communicated effectively with faculty and accepted critiques and suggestions for areas of improvement.